



OCTOBER 2020

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



Healthy Lifestyle Program 2021

Typically this time of year we are gearing up for the City's Healthy Lifestyle Program and asking you to schedule your annual biometric health screening either onsite, at the City of Bryan/BISD Employee Health Center, or through your personal medical provider. Due to COVID-19, and in an effort to refrain from hosting onsite screenings or inundating the local healthcare system in a short time frame, Risk Management is making a one-time adjustment to the Healthy Lifestyle Program for 2021. Please see the categories listed below and determine which one you currently belong to in 2020. Based on your current (2020) Healthy Lifestyle Program status, follow the steps listed to ensure you continue receiving the discounted premium in 2021. If you are unsure of your participation status, please contact Risk Management at 979-209-5050 or email lward@bryantx.gov. If you are not planning to be enrolled in the City's health plan in 2021, no further action is needed.

Currently (in 2020) participating in the Healthy Lifestyle Program

In order to continue receiving the discounted health premium rate in 2021, you must do the following by December 1, 2020:

- Log into mycigna.com and complete the health risk assessment in its entirety. Instructions can be found [here](#). No proof of completion needs to be submitted as Risk Management receives a weekly completion report.
- Log into the [City's Learning Management System](#) and view the short video about healthcare consumerism. The video is listed under assigned training. You must view the entire video to gain credit.
- No biometric screening (bloodwork and vitals) is required this year.

IN THIS ISSUE

IMPORTANT HEALTHY LIFESTYLE PROGRAM INFORMATION

BUTTERNUT SQUASH AND TURKEY CHILI RECIPE

DON'T FORGET YOUR FLU SHOT!

WHY WAIST SIZE MATTERS

Healthy Lifestyle Program 2021 continued...

Currently (in 2020) NOT participating in the Healthy Lifestyle Program*

If you would like to begin receiving the discounted health premium rate in 2021, you must complete the following by December 1, 2020:

- Request a Healthy Lifestyle packet from Risk Management by calling 979-209-5050 or emailing lward@bryantx.gov.
- Schedule an appointment to have your biometric screening done through the City of Bryan/BISD Employee Health Center or through your personal medical provider.
- Log into mycigna.com and complete the health risk assessment in its entirety. Instructions can be found [here](#). No proof of completion needs to be submitted as Risk Management receives a weekly completion report.
- Log into the [City's Learning Management System](#) and view the short video about healthcare consumerism. The video is listed under assigned training. You must review the entire video to gain credit.
- Complete a follow-up appointment if required based on your initial biometric screening results and return signed follow-up slip to Risk Management by December 11, 2020.

**If you are currently a non-participant and would like to continue as a non-participant for 2021, you do not need to complete the list above.*

Whether you are a Healthy Lifestyle Program participant or not, Risk Management strongly encourages you to continue your preventive wellness checks and routine follow-up appointments for chronic disease despite the change in program requirements for the upcoming plan year. Visit with your medical provider to determine what preventive exams may be appropriate for you.

Butternut Squash and Turkey Chili

This is a delicious, filling chili. Serve topped with light sour cream and a few tortilla chips!



Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 pound ground turkey breast
- 1 pound butternut squash—peeled, seeded and cut into 1-inch dice
- 1/2 cup chicken broth
- 1 (4.5 ounce) can chopped green chilies
- 2 (14.5 ounce) cans petite diced tomatoes
- 1 (15.5 ounce) can white hominy, drained
- 1 (8 ounce) can tomato sauce
- 1 tablespoon chili powder
- 1 teaspoon garlic salt

Directions

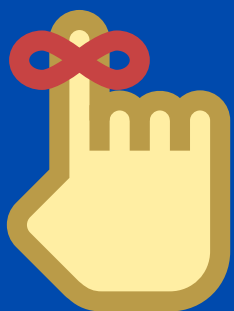
Step 1

Heat the olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir for 3 minutes, then add the turkey, and stir until crumbly and no longer pink.

Step 2

Add the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce; season with chili powder, cumin, and garlic salt. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the squash is tender, about 20 minutes.

<https://www.allrecipes.com/>



Don't forget your flu shot!

All City of Bryan Employees and Dependents (age 5 years of age and up) can receive a FREE flu vaccine. Call the City of Bryan/BISD Employee Health Center at 821-7690 to schedule your appointment today!



WHY WAIST SIZE MATTERS

BMI by the numbers

Obsessing over the numbers on your bathroom scale can be frustrating. You might experience a range of emotions from "I'm inspired" to "I'm seeing no progress" to "I don't even care." Keep in mind, tracking your pounds doesn't tell the whole story. Instead, measuring your body mass index (BMI) and waist circumference can provide a better picture of your weight and what it means for your health.

Watch your waistline

Waist circumference is a marker for how much fat is carried around the abdomen. This is important because belly fat increases your risk of heart diseases, type 2 diabetes and other obesity-related conditions. Measure your waist with a tape measure around your middle, just above your hip bones.

Waist circumference	What it means
More than 35 inches for women	Higher risk for obesity-related conditions
More than 40 inches for men	Higher risk for obesity-related conditions

Measure your BMI

Your BMI is an estimate of your body fat based on your height and weight. A high BMI can increase your risk for heart disease, high blood pressure, type 2 diabetes, breathing problems and certain cancers.

BMI	What it means
Below 18.5	Underweight
18.5-24.9	Normal or healthy weight
25-29.9	Overweight
30 and above	Obese

Enter your height and weight into https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm for quick results. For example, someone who is 5'5" (65 inches) tall and weighs 150 pounds has a BMI of 25. Your health care provider can also provide your BMI.

Take control

Don't stress over the numbers on the scale. With guidance from your doctor, you can set realistic goals for losing weight and achieving a healthy BMI and waist circumference. If you're overweight or obese, even losing 5% of your weight can make a big difference for your health.

Sources
Cigna Vitamin, National Heart, Lung, and Blood Institute



Open Monday–Thursday 7:30 am–5:30 pm (closed Noon–1 pm)
Friday 7:30 am–3:00pm (open Noon–1pm)
Saturday 8:00 am–Noon (September–April)
Walk-ins have been suspended temporarily.
Call 979-821-7690 for an appointment!
Questions or concerns?
Email CityofBryanHealth@st-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:
Lesley Ward
Wellness Coordinator
979-209-5050
lwade@bryantx.gov
<https://wellness.bryantx.gov/>